



NEWS RELEASE

UNITED STATES AIR FORCE

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Kirtland airman to compete in Air Force Marathon

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KIRTLAND AIR FORCE BASE, N.M. — Airman Donnie Gray of the 377th Communications Squadron knows what it takes to be a competitor.

On Sept. 20, Gray will compete in the first-ever Air Force marathon at Wright-Patterson Air Force Base, Ohio. He has been running in marathons from five years. This is his seventh marathon since 1992.

"I'm very excited. I can't wait to compete. I'm motivated and determined to do my best," Gray said.

His personal regimen includes running six to seven miles a day, track work, a long run on the weekends, accumulating upwards of 50 miles a week. His personal best time is currently 3 hours, 20 minutes.

"First of all, I have to be well refreshed from the night before," he said. "I would like to complete the marathon in record time -- maybe 3 hours 10 minutes or less."

A personal aspiration to run, Gray added that he'd then like to get ready for the Boston Marathon.



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“I just want to see how good I can do, and make the unit, the Air Force and myself proud,” Gray said.

Gray has received contributions from the 377th Services Squadron, the First Sergeants Council and the Top Four Association, to name a few.

“I really appreciate everything others have done to help me,” he said. “I am going to do my best.”

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Note to editors: For more information, contact Senior Airman Paul Gritton at (505) 846-4238/5991.

DSN prefix is 246. Story by Senior Airman Dan Maleika of the 377th Communications Squadron. U.S. Air Force photo by Tech. Sgt. (select) Timothy King. The image can be found at <http://www.kirtland.af.mil/pa/images/gray.jpg>